

Milpitas Sports Center Fitness Schedule

Effective June 14, 2004

1325 E. Calaveras Blvd, Milpitas, CA 95035

(408) 586-3225 TDD (408) 942-3286 www.ci.milpitas.ca.gov

Dance Studio I & II Workout Schedule						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	6:30-7:15 am Sunrise Stretch DS2		6:30-7:15 am Sunrise Stretch DS2			
7:00AM						
8:00AM						
9:00AM	9:00-10:00 am Fit Over 50 DS1	9:30-10:30 am Total Body Sculpting DS1	9:00-10:00 am Fit Over 50 DS1	9:30-10:30 am Total Body Sculpting DS1	9:00-10:00 am Fit Over 50 DS1	8:30-9:45 am Sculpt Interval DS1
10:00AM	10:00-11:00 am Fit Over 50 DS1	10:00-11:00 am Gentle Yoga DS2	10:00-11:00 am Fit Over 50 DS1		10:00-11:00 am Fit Over 50 DS1	9:15-10:15 am Power Sculpt DS2
11:00AM						11:30 am-12:30 pm Blissful Yoga DS1
12:00PM		12:00-1:00 pm Cardio Kickboxing DS1		12:00-1:00 pm Cardio Kickboxing DS1	12:00-1:00 pm Pilates DS1	
5:00PM	5:15-6:15 pm Blissful Yoga DS1		5:15-6:30 pm Blissful Yoga DS2			
	5:45-7:00 pm	5:45-7:00 pm	5:45-7:00 pm	5:45-7:00 pm		
6:00PM	Cardio Kickboxing DS2	Pilates/Ball DS2 Cardio Salsa DS1	Total Body Sculpting DS1	Step Level 2 DS1 Butts & Guts DS2		
7:00PM	6:30-7:45 pm Sculpt Interval DS1	7:00-8:00 pm Step Level 1 DS1	7:15-8:15 pm Hatha Yoga (mixed) DS2	7:00-8:00 pm Step Level 1 DS1 Pilates DS2		
8:00PM	7:15-8:30 pm Beginning Yoga DS2					
Aquatics Schedule						
6:00AM	6:00-8:00 am Lap Swimming Meter, Yard Pool		6:00-8:00 am Lap Swimming Meter, Yard Pool		6:00-8:00 am Lap Swimming Meter, Yard Pool	9:15 am-10:15 am Water Exercise Yard Pool 10:00 am-12:00 pm Lap Swimming Meter, Yard Pool
7:00AM	6:45-7:45 am Water Exercise Yard Pool		6:45-7:45 am Water Exercise Yard Pool		6:45-7:45 am Water Exercise Yard Pool	
11:00AM	11:30 am-1:30 pm Lap Swimming Meter, Yard Pool		11:30 am-1:30 pm Lap Swimming Meter, Yard Pool		11:30 am-1:30 pm Lap Swimming Meter, Yard Pool	
12:00PM		11:30 am-1:30 pm Lap Swimming Meter, Yard Pool		11:30AM-1:30 pm Lap Swimming Meter, Yard Pool		
1:00PM						
4:00PM	4:30-5:30 pm Arthritis Aquatics Yard Pool		4:30-5:30 pm Arthritis Aquatics Yard Pool		4:30-5:30 pm Arthritis Aquatics Yard Pool	
5:00PM						
6:00PM	6:00-8:00 pm Lap Swimming Meter, Yard Pool 6:00-7:00PM	6:00-8:00 pm Lap Swimming Meter, Yard Pool 6:00-7:00 pm	6:00-8:00 pm Lap Swimming Meter, Yard Pool 6:00-7:00 pm	6:00-8:00 pm Lap Swimming Meter, Yard Pool 6:00-7:00 pm		
7:00PM	Water Exercise Yard Pool	Water Exercise Yard Pool	Water Exercise Yard Pool	Water Exercise Yard Pool		
8:00PM						
Drop-In Sports Schedule						
6:00PM	6:00-10:00 pm Volleyball Large Gym		6:00-10:00 pm Volleyball Large Gym		6:00-10:00 pm Basketball Large Gym	2:00-6:00 pm Table Tennis Large Gym

Classes and instructors subject to change without notice.